

## CLAIMS

1. A warming article having a heat generating main body comprising a heat generating element having water vapor generating capability and an air permeable holder for holding the heat generating element, the heat generating main body being expandable by water vapor generated with heat generation of the heat generating element.
2. The warming article according to claim 1, generating 1.0 to 100 mg/(cm<sup>2</sup>·10 min) of water vapor.
3. The warming article according to claim 1, wherein the holder has a water vapor permeability of 1.5 to 10 kg/(m<sup>2</sup>·24 hr).
4. The warming article according to claim 1, wherein the heat generating element comprises a molded sheet prepared by papermaking and containing an oxidizable metal, a moisture-retaining agent, a fibrous material, and water.
5. The warming article according to claim 1, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material, and the fibrous material has a CSF of 600 ml or less.
6. The warming articles according to claim 1, having a receiving part for receiving a part of a body being inserted.
7. A warming article having a heat generating main body comprising a heat generating element having water vapor generating capability and an air permeable holder for holding the heat generating element, the heat generating element of the heat generating main body generating 1.0 to 100 mg/(cm<sup>2</sup>·10 min) of water vapor.
8. The warming article according to claim 7, wherein the holder has an air permeability of 10000 sec/100 ml or less.

9. The warming article according to claim 7, wherein the heat generating element comprises a molded sheet prepared by papermaking and containing an oxidizable metal, a moisture-retaining agent, a fibrous material, and water.

10. The warming article according to claim 7, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material, and the fibrous material has a CSF of 600 ml or less.

11. The warming article according to claim 7, having a receiving part for receiving a part of a body being inserted.

10 12. A heat generating, shaped article prepared by three-dimensionally shaping a molded sheet, the molded sheet comprising an oxidizable metal, a moisture-retaining agent, and a fibrous material and having a maximum stress of 0.3 to 5 MPa and a breaking elongation of 2.0 to 10%.

15 13. The heat generating, shaped article according to claim 12, wherein the molded sheet has, in its dried state, a maximum stress of 0.5 to 15 MPa and a breaking elongation of 0.8 to 5%.

14. The heat generating, shaped article according to claim 12, wherein the molded sheet is a sheet molded by papermaking.

20 15. The heat generating, shaped article according to claim 12, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material while dry.

16. The heat generating, shaped article according to claim 12, wherein the fibrous material has a CSF of 600 ml or less.

17. A warming article comprising the heat generating, shaped article according to claim 12, the molded sheet being disposed between an air permeable sheet and an air

impermeable sheet and three-dimensionally shaped together with the air permeable sheet and the air impermeable sheet.

18. A method of producing a warming article comprising the heat generating, shaped article according to claim 12, characterized in that an electrolyte is incorporated  
5 into the heat generating shaped article.